Kids R Kids Learning Academy

2026 MENU

November

Week 1	2	3	4	5	6
Breakfast	Cereal w/ Milk	Pancakes & Maple Syrup	Fruit Muffins	Fruit Danish	Bagels w/ Cinnamon Spread
Snack AM	Baked Cinnamon Apples	Brown Sugar Oatmeal	Cinnamon Toast	Fresh Seasonal Fruit w/ Crackers	Yogurt w/ Cheerios
Lunch	Grilled Cheese/Soup/Fruit	Hamburger Sliders/Tots/Fruit	BBQ Chicken Tenders/ Veggies/Fruit	Biscuits w/ Sausage Gravy/Green Beans/Fruit	Pasta w/ Meat sauce/ Veggies / Fruit
Vegetarian	Grilled Cheese/Soup/Fruit	Veggie Sliders/Tots/Fruit	BBQ Corn Nuggets/Veggies/Fruit	Biscuits w/ White Gravy/Green Beans/Fruit	Pasta w/ Red Sauce / Veggies / Fruit
Snack PM	Mr. Bill's Pumpkin Bread	Crackers & French Onion Dip	Mr. Bill's Cereal Bars	Corn Chips & Salsa	Mr. Bills Fall Trail Mix
Week 2	9	10	11 Club Day	12	13
Breakfast	Cereal w/ Milk	Pancakes & Maple Syrup	Fruit Muffins	Fruit Danish	Bagels w/ Cinnamon Spread
Snack AM	Saltines w/ Cheese	Brown Sugar Oatmeal	Nilla Wafers w/ Fruit	Applesauce w/ Grahams	Applesauce w/ Wheat Crackers
Lunch	Cheese Quesadilla w/ Vegetable Soup/Fruit	British Sheppard's Pie w beef & Veggies/Fruit	Fall Pasta Bake w/ Veggies/Fruit	Sausage, Egg & Cheese Burrito/Fruit	Bowtie Pasta w/ Diced Ham & Peas / Fruit
Vegetarian	Cheese Quesadilla w/ Vegetable Soup/Fruit	British Vegetarian Sheppard's Pie /Fruit	Fall Pasta Bake w/ Veggies/Fruit	Egg & Cheese Burrito/Fruit	Bowtie Pasta w Peas / Fruit
Snack PM	Apple Crumb Squares	Tortilla Chips w/Tomato Salsa	Veggie Straws	Animal Crackers w/ Pudding	Mr. Bill's Fall Trail Mix
Week 3	16	17	18	19	20
Breakfast	Cereal w/ Milk	Pancakes & Maple Syrup	Fruit Muffins	Fruit Danish	Bagels w/ Cinnamon Spread
Snack AM	Baked Cinnamon Apples	Brown Sugar Oatmeal	Cinnamon Toast	Fresh Seasonal Fruit w/ Crackers	Animal Crackers/Fruit
Lunch	Mac-N-Cheese/Green Beans /Fruit	Chicken & Veggie Pho w/ Crackers/Fruit	Pancakes/Sausage/Fruit	Turkey & Cheese Wraps / Veggie Straws/Fruit	***KRK Annual Thanksgiving Feast***
Vegetarian	Mac-N-Cheese/Green Beans /Fruit	Vegetable Pho w/ Crackers/Fruit	Pancakes/Vegetarian Sausage /Fruit	Cheese Wraps / Veggie Straws /Fruit	***KRK Annual Thanksgiving Feast***
Snack PM	Mr. Bill's Pumpkin Bread	Crackers & French Onion Dip	Pretzels w/ Ranch	Corn Chips & Salsa	Mr. Bills Fall Trail Mix
Week 4	23 Club Day	24 Club Day	25 Club Day	26	27
Breakfast	Cereal w/ Milk	Pancakes & Maple Syrup	Fruit Muffins		
Snack AM	Saltines w/ Cheese	Brown Sugar Oatmeal	Nilla Wafers w/ Fruit	***Happy Thanksgiving***	
Lunch	Fall Favorites Potluck	Beanie Weenies/Fruit GYM: Hot dogs/Chips/Fruit	Beef & Cheese Tacos/Black Beans/Fruit	***KRK CLOSED***	***KRK CLOSED***
Vegetarian	Fall Favorites Potluck	Vegetarian Beenie Weenies/Fruit	Cheese Tacos/Black Beans/Fruit		
Snack PM	Apple Crumb Squares	Tortilla Chips w/Tomato Salsa	Veggie Straws		
Week 5	30	1	2	4	4
Breakfast	Cereal w/ Milk	Pancakes & Maple Syrup	Fruit Muffins	Fruit Danish	Bagels w/ Cinnamon Spread
Snack AM	Baked Cinnamon Apples	Brown Sugar Oatmeal	Cinnamon Toast	Bananas w/ Ritz Crackers	Animal Crackers/Fruit
Lunch	Broccoli & Cheddar Soup/ Crackers /Fruit	Chicken & Yellow Rice /Peas/Fruit	Chicken Nuggets/Fries/Fruit	Spanish Omelets w/ Potatoes & Cheese	Pizza Pasta Casserole/Fruit
Vegetarian	Broccoli & Cheddar Soup/ Crackers /Fruit	Yellow Rice//Peas/Fruit	Corn Nuggets/Fries/Fruit	Spanish Omelets w/ Potatoes & Cheese	Pizza Pasta Casserole/Fruit
Snack PM	Mr. Bill's Pumpkin Bread	Crackers & French Onion Dip	Mr. Bill's Cereal Bars	Corn Chips & Salsa	Mr. Bills Fall Trail Mix

Food and family nourish our bodies and souls.

Breakfast and Lunch are served with Milk and Water

Kids 'R' Kids Circa Fishhawk • 813-654-7000 • www.krkcirca.com